

CLOSE TO NATURE.

WHY SUNSHINE BRINGS HEALTH.

EVERYONE knows that the pure country air and a chance to get close to Nature in the fields and woods, is sure to improve our animal spirits and bodily health. We are only civilized animals after all, and the present dwellers in the cities are compelled to live in badly ventilated rooms or factories filled with the germs of disease—of grip, consumption or catarrh. They are compelled to eat their lunch hastily, and, in fact, to run the human machine at all times so improperly that they are constantly in danger of being sick. Sunshine and good air are essential for good health. Nature provides the germ destroyer, if we only find it, in a life in the open air and sunshine. If we are run down physically, if our blood has too many of the white blood corpuscles and not enough of the red corpuscles; if we look pale and anemic, or with pimples or blives appearing on the skin, it's a pretty sure warning that we need a little of nature's cure. For those who are confined indoors and need a strengthening tonic, a blood and body builder, there is a remedy provided by Nature which is sure and safe—an Alternative Extract from roots and herbs, without the use of alcohol, which nourishes the tissues and nerves with good red blood. That medicine was the discovery of Dr. R. V. Pierce, the founder of the Invalids' Hotel and Surgical Institute, at Buffalo, N. Y. It was sold by druggists thirty-seven years ago or more and has become more popular every year since, under the name of Dr. Pierce's Golden Medical Discovery. Dr. Pierce receives quantities of grateful letters and testimonials every day. It would take all of this newspaper's space to print those received in a single month. Here is a sample:

"About seven years ago my health failed, and I tried different doctors but they could not help me," writes Reuben S. Kleppinger, Esq., of Lehighton, Pa. (Box 673). "I was still getting worse. Had a cough, pain in chest, night-sweats, was weak and nervous. I decided to write to Dr. R. V. Pierce, of Buffalo, N. Y., and state my case. I received a prompt and careful reply, which I still have in my possession. The malady was a complicated one, involving the nasal and other air-passages. There was a catarrhal condition extending from head to the bronchia and lungs. The use of Dr. Pierce's Golden Medical Discovery and Dr. Sage's Catarrh Remedy was advised. I used about two dozen bottles of each, also some of Dr. Pierce's Pleasant Pellets, and these remedies have done their work. Since that time I don't believe I have lost a day's work on account of sickness. Am well and have been able to eat anything ever since. Thanks seem but a slight return for all the good your medicine has done me."

"About two years ago I consulted a physician to try and get relief from a cold which had stopped up my head, and also settled on my lungs, causing catarrh in a very bad form, and also throat difficulties," writes Justice Thomas E. Bourquin, 1808 Ogercher Road, Savannah, Ga. "He gave me some medicine, but one month's faithful use of same failed to do me any good, so I decided to try Dr. Pierce's Golden Medical Discovery, and bought a bottle. After using it a few days, my lungs began to heal, I did not cough nearly as much, slept much better, and in two weeks the cold, cough, catarrh and throat difficulty were all cured. I was certainly pleased with the results, and so wish to write you of it."

"We quote from the New York Journal the following: 'In Allen street, in eight blocks of tenement houses, live ten thousand seven hundred and thirty-seven human beings. The features of this miserable street are: 'Darkness; Dampness; Disease; Death. The deaths are especially plentiful among the very young children. 'Of all the New York streets in which evil conditions destroy child life Allen street is the worst. It has a record for killing children under five years of age. 'The street is very narrow, and the Second avenue elevated railroad running through it, filling it from house to house, roofs it in, making of it a dark, gloomy tunnel. 'On the ground it is dark all day, the lamps are always lighted. 'Diseases of the eye, pneumonia, tuberculosis, the rickets and other troubles of ill-nourished children, are features of this street. 'Among the dirt, the din, the darkness, the dampness of this infernal death tunnel, children are supposed to 'play.' 'Do you wonder that they are deformed and sickly? Do you wonder

that they die off before they reach the age of five. 'A well try to grow a flower in a cellar as to bring up children in that horrid street to which poverty and the city's culpable neglect condemn so many families."

WARNING TO HOME STEADERS

Washington, D. C., April 28.—W. A. Richards, commissioner of the general land office, has prepared a circular letter of instructions, a copy of which will be sent in the future to every person who makes a homestead entry of public land. The letter is intended to acquaint every entryman with the terms and provisions of the homestead law, and the requirements for obtaining land under its provisions so that, in the future, ignorance of the law will not palliate any failure to comply with it.

Sixty-nine thousand homestead entries were made last year, and this year they are averaging 4000 a month. On the back of the circular letter

is printed information concerning the homestead law, the requirements of the general land office, and suggestions to the entryman, which, if fully followed, would enable him to fully comply with the law in letter and spirit.

"The papers supporting your recent homestead entry have been received, examined and filed in this office. In order that you may be fully informed as to your duties under this entry, as well as of the cause which may result in its cancellation, you should carefully read, study and remember the suggestions printed on the back of this letter, because any failure on your part to cure any existing defect in the entry, or any failure to fully and in good faith comply with the laws, requiring residence, improvements, cultivation and proof will be sure to result in the cancellation of the entry and the loss of your improvements.

"Entrymen should constantly bear in mind that any sale, or contract or agreement to sell any of the lands embraced in their entries, or any part

thereof, or any interest therein, prior to making final proof, will cause the entry to be canceled, and may even result in the cancellation of the patent should such patent be inadvertently issued.

"It should also be constantly remembered that any false statement made in either the affidavits or final proof, made in support of any entry, will not only cause its cancellation, but may result in criminal indictment and prosecution.

"If at any time you desire any further information than is given in these suggestions, for the purpose of enabling you to comply with the law, or to make proof, you can obtain the same by inquiring, in writing or otherwise, either at this office or of the register and receiver."

Caught the Turtles.

A new industry has developed in this section. A party from Portland visited the Parkersville section recently for the purpose of catching mud turtles. He spent about a week at the work and left Tuesday with 19 dozen. He claims to find a ready sale for them at the Portland hotel, Commercial and Arlington clubs, and other fashionable eating establishments. They sell for from \$2 to \$3 a dozen. They are used to make soup and terrapin stew.—Gervais Star.

Country Too Cold.

Pete Lucier and family returned last Friday from St. Ignace, Missoula county, Mont., where they took up tribal land. They would have remained but the weather did not suit, being too cold.—Woodburn Independent.

Ladies, Children and Boys

Call on us for the latest and best things in shoes, and we can more please you. Jacob Vogt, State street, Salem. 4-28-24

CHILDREN CRY FOR FLETCHER'S CASTORIA.

Elbow Grease

Will always be employed in house-keeping, but the days of scrubbing over the washbasin are a thing of the past. The inventor has brought about the revolution. See our almost human laundry machinery. We have the latest of all makes. Your family work and rough dry, 5 cents per pound; finished, very little more.

Salem Steam Laundry

COLONEL J. OLMSTED, Prop.
DOROUS D. OLMSTED, Manager.
260 Liberty Street. Phone 411.

STATE SOCIAL NEWS

Woodburn.

Miss Molly Maxfield made a business trip to Portland Friday.

P. L. Kenady, of Locust Grove, was visiting in Portland Wednesday.

Miss Nell Bonney and brother, Roy, were visiting friends in Neely the first part of this week.

Mr. Austin Johnson, of Michigan, is making a short visit with his nephew, C. W. Grover, in this city.

Mrs. Hattie E. Reeves has sold her one half lot on Front street to A. Barban and he will erect a brick building at once.

The series of meetings which have been held in the Christian church the past four weeks, conducted by Rev. Handsaker and wife have closed. As a result of these meetings over 30 persons have united with their church.

Dr. R. H. Armes is visiting with his mother, Mrs. Mary Armes, for a few days before returning to his duties in the Northern Pacific hospital, Portland. Dr. Armes has recently graduated with high honors from the medical department of the University of Oregon at Portland.

The evangelist, Dr. Daniel S. Toy, accompanied by his sister, Dr. Frank Dixon, arrived on Wednesday from Seattle, where they have been holding services. They will hold union revival services in this city for two weeks. The first meeting was held in the First Presbyterian church on Wednesday evening and the church was filled to its utmost capacity. Hereafter they will hold the meetings in the Armory hall. Dr. Dixon will have charge of a chorus of Woodburn singers and a most successful series of meetings is hoped for. Miss Plummer of Portland will preside at the organ.

The entertainment held in the Armory hall under the auspices of Company I, Oregon national guard, was a most enjoyable affair. The DuBoise orchestra accompanied by Mrs. O. D. Henderson on the piano furnished the instrumental music for the evening. The program was as follows:

Music—Selected, by orchestra.

A letter read by Captain C. D. Henderson from Brigadier General Finzer to Company I, regretting his inability to be present and deliver an address as was expected.

Solo—"Song of a Heart."

Ensemble—"Japanese Love Song," by Miss Edith London.

Squad drill by Sergeant Roy Kelsey.

Address—Rev. D. H. Leech.

The Pow Wow which represented the making of the treaty with the Indians in the early history of Oregon. Ralph Richards as "Wing Lee," the Chinese cook, made a great deal of sport for the audience during the signing of the "treaty" in his attempts to procure a piece of land for raising hops. A dance was given after the entertainment.

Among those attending the district convention of the Woman's Home Missionary society at Salem are, Mrs. P. L. Kenady, Mrs. Grant Corby, Mrs. F. W. Settlement.

Justice Overton was a busy visitor to Salem Friday.

Fruitland.

The Easter exercises were well attended.

Rev. Crooks intends preaching his farewell sermon one week from Sunday.

Mr. Cole gave a stereopticon lecture on the Fiji Islanders last Tuesday evening.

Earnest Walton and Mr. Arthur Bramlet left for Washington Tuesday morning.

Mr. Frazer had the misfortune to cut his foot while working in the woods last week.

Mr. and Mrs. Ralston and Master Vane attended the Plumb-Feister wedding Wednesday night at Salem.

Mr. Peterson has just completed a long line of woven wire fence. It improves the looks of his farm very much.

Baker City's new municipal hall, which cost \$30,000, is now occupied by all of the city officials. At the city council meeting Monday night there will be a regular house-warming to dedicate the new building.

Ice Cream

1/2 pint in paper pail 10c
1 pint in paper pail 15c
1 quart in paper pail 25c
1/2 gallon in paper pail 50c

At

Zinn's

Notice to Contractors.

Sealed bids will be received at the office of the Board of Public Building Commissioners in the state capital building, Salem, Oregon, until 12 M. Monday, May 15th, 1905, for the following work and materials for the state capital building and grounds: Painting the exterior of building and painters' material; making waterproof the dome; concrete walks and cement work. All to be in accordance with plans and specifications now on exhibition at the Board of Public Building Commissioners' office, Salem, Oregon, and at the office of Delos D. Neer, architect, 133 1/2 First street, Portland, Oregon, and from whom any further information can be obtained.

All bids must be drawn as required by the specifications "see finally" and submitted upon blank forms which can be had at both the Board of Public Building Commissioners and architect's office.

Any bid not so drawn will not be considered by the Board, and the Board reserves the right to reject any and all bids.

By order of the Board of Public Building Commissioners.

GEO. E. CHAMBERLAIN,
Governor.

F. I. DUNBAR,
Secretary of State.

CHAS. S. MOORE,
State Treasurer.

Attest:

W. N. GATENS,
Clerk of Board.

Apr. 29, May 1-3-6-8-10-13.

MARKET QUOTATIONS TODAY

"Make Salem a Good Home Market."

Poultry—at Steiner's Market.

Eggs—Per dozen, 15c.

Ducks—10@12c.

Chickens—9@10c.

Hens—12c.

Frys—12@16c.

Baker & Son.

Eggs—Per dozen, 17c.

Fruits, Vegetables, Etc.

Potatoes—40c.

Potatoes, sweet, 2c.

Onions—5 1/2c.

Apples—75@1.00.

Tropical Fruits.

Bananas—5 1/2c lb.

Cocoanuts, \$1.00 per doz.

Oranges—\$2.00@2.50.

Lemons—\$2.75@3.50.

Live Stock Market.

Steers—3@3 1/4.

Cows—3@3 1/4.

Sheep—4c.

Dressed veal—6c.

Fat hogs—5 1/4@5 1/2c.

Hay, Feed, Etc.

Baled Cheat—\$10.

Baled Clover—\$9@10.

Brans—\$22.50.

Shorts—\$24.50.

Eggs, Butter and Cream.

By Commercial Cream Co.

Butter—27c.

Butter fat—20c at station.

Grain, Hops and Flour.

Oats—Choice white, \$1.30.

Barley—\$23@23.50.

Flour—\$4.40.

Wheat—80c.

PORTLAND MARKET.

Wheat—Walla Walla, 86c.

Valley—878c.

Flour—Valley, straights, \$4.10; gran-

ham, \$4.00.

Oats—Choice white, \$1.35@1.40.

Millstuf—Bran, \$10.50.

Hay—Timothy, \$14.50.

Potatoes—95@1.05.

Poultry—Mixed chickens, per pound,

12@12 1/2c; springs, 14@15c; hens, 14

@15c; fryers, 18@20c; broilers, 22 1/4@

25c; geese, 7@8c; turkeys, live, 15@

17c; turkeys, dressed, 17@22c; ducks,

old, dozen, \$7@8; spring ducks, \$9@

9.50.

Pork—Dressed, 7 1/2@8c.

Beef—Dressed, 2 1/2@3c.

Veal—3 1/2@3c.

Mutton—Dressed, 5@7c.

Hops—1904 crop, 22@23c.

Wool—Valley, 20@21c; Eastern Ore-

gon, 14@18c; mohair, 30@31c.

Hides—dry, 16 pounds and upwards,

16@16 1/2c.

Butter—Fancy creamer, 18@20c;

dairy, 16@18c; cooking, 13@14c.

Cheese—Young America, 17c; Oregon

full cream, 16c.

Eggs—Oregon ranch, 18 1/2c.

PENNROYAL PILLS

SAFE, Original and Only Genuine. In CHICKEN'S ENGLISH in RED and Gold metal boxes, marked with the name of the inventor, Dr. J. C. Cheney, and the name of the city and state where they were made. Beware of cheap imitations. They will do you no good. Buy the genuine. Sold by all druggists. Medicine Company, PHILA., PA.

MADAME DEAN'S FRENCH FEMALE PILLS.

A Safe, Certain Remedy for the Female System. NEVER KNOWN TO FAIL. Sold by all druggists. Beware of cheap imitations. They will do you no good. Buy the genuine. Sold by all druggists. Medicine Company, PHILA., PA.

Sold in Salem by S. C. Stone.

O.R.&N. OREGON SHORT LINE

Three Trains to the East Daily. Through Pullman standard and tourist sleeping cars daily to Omaha, Chicago, Spokane; tourist sleeping cars daily to Kansas City; through Pullman tourist sleeping cars (personally conducted) weekly to Chicago; reclining chair cars (seats free) to the East daily.

70 HOURS 70 PORTLAND TO CHICAGO No Change of Cars

DEPART FOR	TIME SCHEDULES From Portland, Or.	ARRIVE FROM
Chicago, Portland, Special Express, 9:15 a. m. via Huntington	Salt Lake, Denver, Ft. Worth, Omaha, Kansas City, St. Louis, Chicago and East.	5:25 p. m.
Atlantic Express, 4:15 p. m. via Huntington	Salt Lake, Denver, Ft. Worth, Omaha, Kansas City, St. Louis, Chicago and East.	7:35 a. m.
St. Paul Fast Mail, 6:15 p. m. via Spokane	Walla Walla, Lewiston, Spokane, Walla, Pullman, Minneapolis, St. Paul, Duluth, Milwaukee, Chicago, and East.	8: a. m.

Ocean and River Schedule. For San Francisco—Every five days at 8 p. m. For Astoria, way points and North Beach—Daily (except Sunday) at 8 p. m.; Saturday at 10 p. m. Daily service (water permitting) on Willamette and Yamhill rivers.

For fuller information ask or write your nearest ticket agent, or A. L. CRAIG, General Passenger Agent. The Oregon Railroad & Navigation Co., Portland, Oregon.

TIME CARD NO. 26.

No. 2 for Yaquina— Leaves Albany 12:45 P.M. Leaves Corvallis 1:45 P.M. Arrives Yaquina 5:40 P.M.
No. 1, Returning— Leaves Yaquina 7:16 A.M. Leaves Corvallis 11:30 A.M. Arrives Albany 12:15 P.M.
No. 3 for Detroit— Leave Albany 1:00 P.M. Arrives Detroit 6:00 P.M.
No. 4 from Detroit Leave Detroit 6:30 A.M. Arrives Albany 11:15 A.M.
Train No. 1 arrives in Albany in time to connect with the S. P. south bound train, as well as giving two or three hours in Albany before departure of S. P. north bound train.
Train No. 2 connects with the S. P. trains at Corvallis and Albany giving direct service to Newport and adjacent beaches.
Train No. 3 for Detroit, Breitenbush and other mountain resorts leaves Albany at 1:00 p. m., reaching Detroit about 6:00 p. m.
For further information apply to T. H. CURTIS, Acting Manager. T. COCKRELL, Agent, Albany. H. H. CRONISE, Agent, Corvallis.

When you want Hop Baskets, Fruit Boxes, Trays for fruit Dryers, call on

G. F. Mason
Miller Street, South Salem, Phone 2191 Red.

A FULL STOCK

We now have a full stock of Hyacinths, Tulips, Crocus, Narcissus, Snow Drops, Jonquills and a nice assortment of Chinese Sacred Lilies. Would be pleased to have the public call and inspect our stock at

Savage & Fletcher
322-324 Commercial St.

To the Country People
When in town take your meals at the Star Restaurant, 339 Court Street, adjoining Wade's hardware store. Meals at all hours, 15 cents. Phone 301 Red.



A SAVINGS BANK

Pays you 3% per annum

BLOCK LIGHT

Pays You 100% per Annum

The Block Light uses a large mantle and consumes eight parts of air to one part Gas. The result is an illumination equal to four of the next best burners and a tremendous saving of gas.

It is Free to You for 5 Days Trial

All Genuine Block Lights have the words BLOCK LIGHT stamped on burner as well as mantle.

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